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M. MACLEAN, EDITOR & PROPRIETOR.

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MEDICAL.

Rule for dress—why wet applied to the feet is injurious—flannel-ventilation of beds.

From Combe on Health and Mental Education.

Great differences in the power of generating heat and resisting cold exist in different individuals, and it would be absurd to apply the same rules to those who never feel cold as to those who are peculiarly sensitive. The former may be benefited by cold bathing and degrees of exposure which would be fatal to the latter. The rule is, therefore, not to dress in an invariable way in all cases, but to put on clothing in kind and quantity sufficient in the individual case to protect the body effectually from an abiding sensation of cold, however slight. Warmth, however, ought not to be sought for in clothing alone. The Creator has made exercise essential as a means; and if we neglect this and seek it in clothing alone, it is at the risk or rather certainty of weakening the body, relaxing the surface, and rendering the system extremely susceptible of injury from the slightest accidental exposures, or variations of temperature and moisture. Many good constitutions are thus ruined, and many nervous and pulmonary complaints brought on to immiter existence, and to reduce the sufferer to the level of a hot-house plant.

Female dress errs in one important particular, even when well suited in material and in quantity. From the tightness with which it is made to fit on the upper part of the body, not only is the insensible perspiration injudiciously and hurtfully confined, but that free play between the dress and the skin which is so beneficial in gently stimulating the latter by friction on every movement of the body, is altogether prevented, and the action of the cutaneous nerves and vessels, and consequently the heat generated, rendered lower in degree than would result from the same dress worn more loosely. Every part and every function are thus linked so closely with the rest, that we can neither act wrong as regards one organ without all suffering, nor act right without all sharing in the benefit.

We can now appreciate the manner in which wet and cold feet are so prolific of internal disease, and the cruelty of fitting up schools and similar places without making adequate provision for the welfare of their young occupants. The circumstances in which wet and cold feet are most apt to cause disease are where the person remains inactive, and where, consequently, there is nothing to counterbalance the unequal flow of blood which then takes place towards the internal parts: for it is well known that a person in ordinary health may walk about or work in the open air with wet feet for hours together without injury, provided he put on dry stockings and shoes immediately on coming home. It is therefore not the mere state of wetness that causes the evil, but the check to perspiration and the unequal distribution of blood to which the accompanying coldness gives rise. Wet and damp are more unwholesome when applied to the feet than when they affect other parts, chiefly because they receive a large supply of blood to carry on a high degree of perspiration, and because their distance from the heart or centre of circulation diminishes the force with which it is carried on and thus leaves them more susceptible of injury from external causes. They are also more exposed in situation than other parts of the skin but cold or wet applied anywhere, as to the side for instance, either by a current of air or by rain, is well known to be pernicious.

The advantages of wearing flannel next the skin are easily explicable on the above principles. Being a bad conductor of heat flannel prevents that of the animal economy from being quickly dissipated, and protects the body in a considerable degree from the injurious influences of sudden external changes. From its presenting a rough and uneven though soft surface to the skin, every movement of the body in labour or in exercise gives, by the consequent friction, a gentle stimulus to the cutaneous vessels and nerves, which assists their action, and maintains their functions in health; and being at the same time of a loose and porous texture, flannel is capable of absorbing the cutaneous exhalations to a larger extent than any other material in common use. In some very delicate constitutions, it proves even too irritating to the skin; but in such cases, fine fleecy hosiery will in general be easily borne, and will greatly conduce to the preservation of health. Many are in the custom of waiting till winter has fairly set in before beginning to wear flannel. This is a great error in a variable climate like ours, especially when the constitution is not robust. It is during the sudden changes from heat and cold, which are so common in autumn, before the frame has got inured to the reduction of temperature, that protection is most wanted, and flannel is most useful.

The advantages of flannel as a preservative from disease in warm as well as in

coll climates are now so well understood, that in the army and navy its use is cogently, and with great propriety, insisted on. Captain Murray, late of H. M. S. Valorous, told me that he was so strongly impressed from former experience with a sense of the efficacy of the protection afforded by the constant use of flannel next the skin, that when, on his arrival in England in December, 1823, after two years' service amid the icebergs, on the coast of Labrador, the ship was ordered to sail immediately for the West Indies, he ordered the purser to draw two extra flannel shirts and pairs of drawers for each man, and instituted a regular daily inspection to see that they were worn. These precautions were followed by the happiest results. He proceeded to his station with a crew of 150 men; visited almost every island in the West Indies, and many of the ports of Mexico; and notwithstanding the sudden transition from extreme climates, returned to England without the loss of a single man, or having any sick on board on his arrival. In the letter in which Captain Murray communicates these facts, he adds, that every precaution was used, by lighting stoves between decks and scrubbing with hot sand to ensure the most thorough dryness, and every means put in practice to promote cheerfulness among the men. When in command of the Recruit gun-brig, which lay about nine weeks at Vera Cruz, the same means preserved the health of his crew, when the other ships of war anchored around him lost from twenty to fifty men each.

That the superior health enjoyed by the crew of the Valorous was attributable chiefly to the means employed by their humane and intelligent commander is shown by the analogy of the Recruit; for although constant communication was kept up between the latter and other ships in which sickness prevailed, and all were exposed to the same external causes of disease, yet no case of sickness occurred on board the Recruit. Facts like these are truly instructive by proving how far man possesses the power of protecting himself from injury when he has received necessary instruction and chooses to adopt his conduct to his situation.

The exhalation from the skin being so constant and extensive, its bad effects, when confined, suggest another rule of conduct, viz: that of frequently changing and airing the clothes, so as to free them from every impurity. It is an excellent plan, for instance, to wear sets of flannels each being worn and aired by turns on alternate days. The effect is at first scarcely perceptible, but, in the course of time its advantages and comfort become very manifest, as the writer has amply experienced. For the same reason, a practice common in Italy merits universal adoption. Instead of beds being made up in the morning the moment they are vacated, and while still saturated with the nocturnal exhalations which, before morning become sensible even to smell in a bed-room, the bed-clothes are thrown over the backs of chairs, the mattresses shaken up, and the window thrown open for the greater part of the day, so as to secure a thorough and cleansing ventilation. This practice, so consonant to reason, imparts a freshness which is peculiarly grateful and conducive to sleep, and its real value may be inferred from the well-known fact, that the opposite practice, carried to an extreme, as in the dwellings of the poor, where three or four beds are often huddled up with all their impurities in a small room, is a fruitful source of fever and bad health, even where ventilation during the day and nourishment are not deficient.

PARENTS' DEPARTMENT.

Diligence and perseverance necessary in the government and instruction of children.

From Hall's Lectures on the Religious Education of Children.

No parent has a right to consider children given to him as a benefit merely, but that the parent may become a blessing to the child as well as the child to the parent. The good of the child ought indeed to be the great object in view, both in government and instruction. For this, punishment, encouragement, reward or instruction, should be graduated. To this one object, all the efforts of the parent should be directed—it is the governing motive in all their conduct towards those, over whom they are the common guardians. "The importance of parental government," is acknowledged generally, though its great value does not, it is to be feared, produce the practical effect, which is desirable.

"Every parent ought to remember that his child is committed to him; that all his interests are put into his hands; and that to train up his family for usefulness and for heaven, is ordinarily the chief duty which God requires him to perform; the chief good which he can ever accomplish.

If he neglects this duty, he ought to expect that it will be left undone; for no other person will, usually be found to undertake it. If he does not accomplish this good, he ought to believe that it will never be accomplished. On the contrary, the child will be left to himself; to those evil companions, whose business it is, to corrupt the young; to unbridled lusts; to unrestrained iniquity; to Satan and to ruin. He ought also to remember that childhood is the seed time for all good; the season when every useful impression is most happily made; the time when almost all which can be done for the child, is to be done. He should remember also that the encouragement is very great. Experience most generally proves that well governed children are almost always well behaved, and that almost all religious persons are of this number. What experience declares, the Scriptures ratify. In the meantime, the peace and pleasantness of his fam-

ily, filial piety, amiable conduct of his children, furnish a rich hope, that he will in the end assemble around him his little flock, and be able to say with exultation and transport, "Behold here am I and the children thou hast given me." On the government of children, I shall give some of the views of a late able theological writer, and in connexion with them present suggestions of my own.

1. Let the government of children be commenced very early. It would be unnatural to see a gardener defer his attempts to bend the direction of his tree, till it had acquired the strength which will cause it to resist all his power. But we expect to see him make his efforts while it is a tender ozie; while it is pliant, and may easily be made to bend to his wishes.

"The habit of submission can never be effectuated without difficulty, unless commenced at the beginning. The first direction of the infant mind has been often, and justly compared to the first figure assumed by the twig, which is ordinarily its figure during every period of its growth. If children are taught effectually to obey at first, they will easily be induced to obey ever afterwards. Almost all those, who are disobedient, are those, who have been neglected in the beginning. The twig was suffered to stiffen, before an attempt was made to bend it into the proper shape. Then it resumed, as soon as the pressure ceased, its wonted figure.

"If begun in season, the task of securing filial obedience will usually be easy, and the object effectually gained. If neglected early, it will be attended with many difficulties and discouragements, and its efficacy will be doubtful, if not fruitless." Is it asked at what age, government may be commenced? This must be decided by the forwardness of the child. Generally at six months, the child is sufficiently attentive to the objects around him, to distinguish between reproof and approbation in the parent. If so, he is old enough to be the subject of government. This is not to be done by having recourse to the rod at that age, but by being forced to submit to the will of the parent, whenever there is a difference between the wish of the parent and that of the child. The child will then be able to read the decision in the eye of the parent, and will easily learn that he must submit. This habit of submission, "should be formed so early," says Dr. Witherspoon, "that the memory will not be able to reach back to it." At this age he may as easily be made to know that he cannot be indulged in consequence of crying. Two or three principles ought to be established, which will save much time and much perplexity in after periods. First, never deny a child at one time what you indulge him in at another. Secondly, deny him nothing, but that which will by its nature or its influence, be injurious. Thirdly, let no impurity of the child be sufficient to induce you under any circumstances, to alter a decision which you have deliberately made. The presence of company, the haste occasioned by business or engagements, or some other thing, induces parents frequently to break this rule for once, and thus a precedent is formed, which must be followed, or the bitter crying of the child will invariably succeed. Children are not slow to remember an indulgence, and when it has been once allowed them to break over general rules, there is an end to peaceable and quiet submission. The earlier habits of submission can be formed, and the more uniformly they can be continued, the more easily will the work of government be conducted.

2. Let government be administered with constancy. "The views manifested by the parent concerning the conduct of the child should be ever the same. His good conduct should be ever approved; and his bad conduct invariably disapproved. The measures of the parent should be invariably of the same tenor. All proper encouragement should be held out to obedience, and all rational opposition be steadily made to disobedience. The active superintendence of the child ought to be unremitting. He should feel that he is ever an object of parental attention, ever secure, when his behavior merits it, of parental favor; and ever conscious that his faults will expose him to frowns and censures. This unremitting consciousness of the child can never be produced, but by the unremitting care and watchfulness of the parent. The Roman maxim, "Resist the beginnings of evil," is in all cases replete with wisdom, but is applicable, to no case, perhaps, with so much force, as to those evils which early appear in the character of children. All their tendencies should be watched. Every commencement of evil, every tendency towards it, should be observed and resisted.

The efforts of parents, in this employment, should also be unwearied. Discouragement and sloth are two prime evils, in the conduct of parental government. The parent seeing so many, and so unceasing exertions necessary for the accomplishment of his purpose, usually feels, either sooner or later, as if it could never be accomplished; and hence from mere discouragement, relaxes his endeavors.

Frequently, also, he becomes, after a moderate number of trials, wearied of a duty, which he finds so burdensome; and, thro' mere indolence, desists from every strenuous attempt to discharge it. But this is inconsistent with parental obligations. Hence nothing can be urged as a justification of it. What! be wearied with those efforts, which have a primary regard to the everlasting welfare of our children? Shall we be wearied in performing those duties which are of infinite importance to our offspring? Are we not unwearied in efforts to teach children to read, to work, &c., and are these as important as habits of cheerful submission to necessary government? "I have," says Dr. Dwight, "elsewhere compared the mind of a child to a rude mass of silver, in the hands of the silversmith. A single stroke of the hammer, a hundred or even a thousand, change its form in a very imperfect degree, and advance it but little towards the figure and beauty of the vessel which is intended. Were he to stop, nothing effectual would be accomplished. A patient continuance of these seemingly inefficacious efforts, however, will, in the end, produce the proposed vessel in its proper form, and with the highest elegance and perfection.

With the same patience and perseverance, should parental exertions be made, when employed in forming the minds of children. Thus made, they will usually find a similar issue. Inflexible perseverance is nowhere more requisite, than in guiding, guarding, restraining children, and leading them in the way they should go. To be discouraged, or yield to difficulties in the way, betrays either want of affection or criminal supineness. And who of us are willing to bear the charge of either?

Every parent should labor with the zeal, constancy and perseverance of the statuary, who frames the shapeless block of marble, into the beautiful statue. Yes, parents, the statues you are to form are living statues, animated, intellectual and immortal. If rightly formed, they will stand in the palace of the King of kings. They are to be fitted for his service.

RURAL ECONOMY.

From the Southern Agriculturist.

THE CORN CROP.

Mr. Editor.—The corn crop may be well considered among the most important in the eyes of the planter. It contributes, as much, perhaps, as any other grain to our national subsistence. As the season approaches, when preparation will be made for setting this crop, I shall present you with my plan of cultivating it.

PREPARATION OF THE LAND.

I use the plough almost during the whole process of cultivating my corn; and I consider it an objection, not based upon the true state of facts, that our low country lands are too heavy for the successful use of the plough. If our soil is not too heavy for our negroes to work, it is an inhuman reflection upon them to say, that it is too stiff and heavy for our horses. The truth is, most planters, who speak against the use of the plough, have never used it. As an instance of this, a friend of mine, several years ago, was a great opponent of the ploughing system, upon his sea-island land. Upon his heavy lands, he urged as an objection that the plough killed his horses, while upon his light lands, he contended that it made the soil too loose. I prevailed upon him to try my system of ploughing, for one season—he now confesses, that he gets through much more work; does it better; his negroes are strained less; and he makes better crops than formerly. One reason for this last fact may be, because he has more time to devote to manuring. But to return to the subject of inquiry.

In preparing my land for the corn crop I mark out the line of my beds five feet apart, with the daggon plough. I run a deep furrow first one side of the line, and then return, doing the same upon the other side; thus throwing up a bed of about two feet base. If I have manure to apply, my first consideration is, whether it be decayed or not. If it be undecayed or only partially decayed, or if the manure be cotton-seed, I invariably spread the manure where I intend making the bed, and then plough upon it. This gives the manure time to ferment properly, and to impart its nutritive qualities to the land. If on the contrary, my manure be well decayed, my plan is different. After making my beds, as described above, I convey the manure to where I intend applying it. With the hoe, I make one or two deep chops where I intend dropping the seed. These chops I make three or four feet apart, according to the original fertility of the soil; each chop thus made, I fill up with the rotted manure from baskets, which my negroes carry. I next drop the seed upon the manure and cover them over with loose earth.

This mode, I have found from long experience, to be the most economical way of applying manure, where it is well rotted. However, I think, that where you can plant early, and prepare your lands early, more corn will be made by applying the manure in its undecayed state.

TIME FOR PLANTING.

In a country so various in its temperature as this, thirty years experience has taught me to make two plantings of corn. One in March, say about the 20th; the other in May, say about the 1st, longer than this will prove uncertain. It is well here to observe, that I would rather put no manure upon my land, than unfertilized manure, in my May planting. It will cause the corn to burn; or if it should not do this, it will cause it to shoot up too suddenly, and thus produce nothing but stalk. By selecting these two periods for planting, I am sure to hit the right season, for at least one half my corn; and I am clearly of opinion, that one half of a field of prime corn, is better than a whole field of corn that has been injured by an adverse season. I have generally observed, that where we have no rains to put the corn forward in March and April, that the reverse is the case in May and June, and vice versa.

SELECTION OF SEED.

Too much attention cannot be paid to this matter. It is an opinion, with most planters that little is to be gained by selecting corn seed; but the testimony of the very best farmers throughout the U. States, proves

incontestably that the greatest advantages are to be derived from making these selections. Were it necessary, I could present to you the names of hundreds who have practically tested its utility. Selections of seed might be made in three ways—

1st. From imported seed.
2d. Seed selected from the field before gathering.
3d. Seed selected from the corn-house after gathering.

1st. It appears to me, that from certain unknown causes this State is not as well suited to the growth of Indian corn as the more Northern States. The Indian corn, there, produces much more to the acre. I have seen fields without any manure produce 50 and 60 bushels as an average. You may frequently find upon the Northern corn, as many as five and six ears, which, though not so large as our own flint corn, yields much more to the acre. Why this fact is so, I shall not stop to discuss; but it certainly appears to me, that corn which will make such a yield, should certainly be introduced among us. In the summer of 1823, while at the North, I sent to Charleston ten bushels of this corn, and in the following spring, planted a small part of my crop with the seed; my expectation, as to its yield, was not in the least disappointed. Many of the stalks bore six ears; and four and a half was the average to every stalk. I was not very accurate in the measurement of the produce, but I think from a rough estimate, that it was near 40 bushels to the acre. My other corn, from seed which I selected, did not produce me, with the same attention, near so much. The year following, I planted my whole crop from Northern seed, and made a much better crop than I had ever done before. I was warned by many of my friends that the corn would not keep. When I gathered it in, I put it up in the shuck, and found that it kept equal to any corn I ever planted.

2d. Corn might be very much improved by selecting your seed before picking in your crop. For this purpose, select your most trusty pickers, and send them out to gather from every stalk that contains the most ears. From such stalks, let them select the largest ears, leaving the others to be collected in with the main crop. From the ears thus collected shell off the corn from both ends, in order that you may have only the fullest and largest grains for seed. This work you may allot to your little negroes, or infirm and sickly hands. From corn thus selected, the improvement in your crop will be astonishing.

3d. After you have picked in your corn you may also improve your crop—seed by selecting the largest and best looking ears. This may be done either as a set work; or by select from time to time, as the negroes shell out to take their allowance. Let each one as he comes across a fine sized ear throw it aside until wanted for seed. This mode I find much the easiest and most expeditious in the end.

PREPARATION AND QUANTITY OF SEED.

Tearing the seed, though not a complete preventive against the attack of crows, is nevertheless, a considerable check to them. As to the quantity of seed, I always set from three to four times the number as the plants I wish to stand. There are so many of the seeds that never come up; so many that come up sickly; and so many that afterwards grow feebly, that this is absolutely necessary.

THINNING AND SUPPLYING.

Corn, like cotton, should be thinned two or three times, and sometime even more; care should be taken to leave only the healthiest plants. I usually thin just before each working; taking out, as I proceed, until I have reached the exact number required. I prefer supplying, by planting over, much more than by transplanting. A stalk transplanted never grows as vigorously as that from the seed.

AFTER CULTURE.

Whether troubled with grass or not, corn should be worked after two weeks old. In doing this, I use the bull-tongue plough, in the following manner:—I plough upon both sides of the beds, within six inches of the plant, by which means the earth is completely loosened about it, the air is admitted to its roots, and it is thus strengthened. In two or three weeks after, I again commence work with the daggon-plough, and run a furrow in the alleys, by which means the earth is thrown up to the young corn, which about this time needs some hauling up. Immediately after this last ploughing, I go over the crop with the hoe, haul up the dirt properly to the plants, and cut all the grass which may be growing between them. I have never used the skimmer-plough myself; but I have seen it used with such complete success by others, that I shall try it this season upon both my corn and cotton. It is a mistaken notion, to suppose that our lands of the lower country are too grassy for its successful use. In Barnwell District, I have seen it used upon the deep swamp lands, where the grass grows more luxuriantly than I have ever found it with me. When properly used, I have seen it cut the grass from the beds and alleys, as handsomely and effectually as any hoe. I wish some of your correspondents would furnish us with a full description of this plough, with its uses, and modes of using it, and if you, Mr. Editor, would present us with a plate of the implement, I am confident you would introduce a new era into the corn cultivation of the low country.

Respecting the time and mode of gathering in blades and curing them; the gathering

of corn; and planting of peas among corn, I shall wait another opportunity of saying something. Meanwhile, you must excuse me, if I have expressed myself very imperfectly in this communication.

St. John's Colletia, Feb. 18, 1836.

We feel highly indebted to our correspondent for his valuable article on the "Corn Crop." Although not permitted to publish his name, we must, nevertheless, take the liberty to say, that the author is known to us, as one whose skill and long experience as a planter, entitle him to the greatest confidence from our readers.

We think, that such a writer needs no excuse in appearing before the public. Once for all, let us assure him, and through him, the public, that it is the fine writing that is looked for in this journal. Our chief object, is to impart information—information of facts, and of experiments made upon facts. Where such information can be conveyed, in a neat and perspicuous style, we of course, prefer it; but rather than lose it altogether, we are perfectly willing to receive it in the clumsiest possible manner. Labouring under the disadvantages, which many of our planters do, it is not to be expected that they should write with the same ease and grace of those who make writing a profession. In imparting agricultural information; the best style for to adopt, is that which comes easiest. Be assured if this be done, they will write pleasantly, and no one, so long as information is his object, will stop to inquire, whether each word is the best that could have been used, or whether just in the place, the grammarians would have it. It is said that a traveller in a desert, about to die with hunger, discovered a bag. Believing it contained food, he seized it with the utmost delight; but upon opening it he found it contained the richest diamonds. "Alas!" exclaimed he, casting it away, "the bag contains nothing but diamonds, and I am left to die of hunger." This fable is an excellent lesson to those, who refuse to write, because they cannot do so in the most showy manner. Editor.

CARROTS.

Mr. Lauren Beach, of Marcellus, raised last summer on 6 1/4 rods of ground, 90 1/2 bushels of carrots, which is at the rate of more than 2,300 bushels per acre. He sold his personal property at vendue, and among the rest, 50 bushels of the carrots were sold, (to one of our best farmers, and one who feeds a good many roots,) for \$14, and he was anxious to purchase the remainder at the same price; which is at the rate of nearly \$650 per acre. Mr. Beach informed me that he only spent 1 1/2 days' work on them before he commenced harvesting. His ground was a rich sandy loam. S. F. B. Genn. Farm.

Preserving Meat.—Meat may be preserved fresh many months by keeping it immersed in molasses. A joint of meat or any provision suspended in a flannel bag will keep sweet much longer than by most of the modes commonly practiced. The cooler and dryer the meat is when the flannel is put round it the better, and the flannel should be perfectly clean. Fresh mutton in a close vessel containing vinegar, will be preserved a considerable time. Tainted meat may be rendered good by pickling it in pearl-ash water some time. Before it is cooked, however, it should be dipped in vinegar a short time and then salted in brine. Genesee Farmer.

Contents of the last number of the Farmer and Gardener.

Notices of Messrs. Prince's communication on the propagation of morus multicaulis by seed—of the Westchester silk company—of the New York agricultural convention—of the Greville rose—underdraining of clay lands—description of a cheap boiling apparatus—Norfolk agricultural society—Notice of professor Ducatel's report—The Messrs. Prince on morus multicaulis—Mr. Weller on Gama Grass—water proof mixture—large potato—destruction of weeds—new mode of cultivating hops—Independence of the farmer—large cabbage—professor Ducatel's geological report—advertisements.

INDEPENDENCE OF THE FARMER.—The merchant or manufacturer may be robbed of the reward of his labor, by the changes of the foreign or domestic market entirely beyond his control, and may wind up a year, in which he had done every thing which intelligence and industry could do to insure success, not only without profit, but with an actual diminution of capital. The strong arm of mechanic industry may be enfeebled or paralyzed by the prostration of those manufacturing or commercial interests to whose existence it so essentially contributes, and on whom in turn it so essentially depends. But what has the intelligent and industrious farmer to fear? His capital is invested in the solid ground, he draws on a fund which from time immemorial, has never failed to honor all justice demands; his profits may be diminished indeed but never wholly suspended; his success depends on no mere earthly guarantee, but on the assurance of that great and beneficent Being who has declared that while the earth endureth, seed time and harvest shall not cease.

Shoe Blacking.—Perhaps the best in the world is elder berries. Mash the berries with your hand in a large kettle of water, set them in the shade a few days, strain them up with water. After it is cool, stir and wring them thro' a coarse cloth, & then boil it down to the thickness of molasses. Put a small quantity with a feather on a brush, rub the shoe till there is a fine gloss. The same will make good writing ink. Farmer & Gardener.